

NUTRITION SERVICES

NU.1

Organizations that provide 24-hour care, that have therapeutic goals related to the nutritional needs of individuals served, or that have individuals who require nutrition services have a written plan for the provision of nutrition and food services.

NU.2

Written policies and procedures are developed that address all aspects of nutrition and food services including:

NU.2.1 delineation of the responsibilities and authority of nutrition and food services staff;

NU.2.2 provision of nutritional counseling;

NU.2.3 recording of special nutrition orders in the records of individuals served;

NU.2.4 recording of all observations and information pertinent to nutritional care in the clinical records of individuals served;

NU.2.5 the use of standards for nutritional care in evaluating the nutritional adequacy of the diet of individuals served and in ordering diet supplements;

NU.2.5.1 A diet manual is developed, reviewed annually, revised as necessary by a qualified dietitian, and dated to identify the time of the review or revision.

NU.2.6 the requirement that when individuals served are assigned to work in food service for therapeutic or vocational purposed, the method of their assignments is in accordance with the organization's policies and procedures.

NU.2.7 a description of the methods for assuring that each individual served a special diet receives the prescribed diet regimen.

NU.2.8 a provision for altering diets or diet schedules as well as for discontinuing diets;

NU.2.9 provisions for the forwarding of diet information, when medically indicated, upon discharge of an individual served to another organization;

NU.2.10 requirements for ancillary food services, including food storage and preparation in kitchens or individuals' units, formula supply, vending operations, and ice making;

NU.2.11 requirements that the food service be maintained in a safe and sanitary manner, particularly in the preparation and handling of food, the care and cleaning of equipment and work areas, and the washing of dishes;

NU.2.12 requirements for food purchasing, storage, preparation, and services;

NU.2.13 the role of nutrition and food services in the organization's internal and external disaster planning is clearly defined.

NU.2.14 the handling and preparing of foods, which require that

NU.2.14.1 supplies are clearly labeled;

NU.2.14.2 all nonfood supplies are stored in an area separate from that in which food supplies are stored;

NU.2.14.3 food is procured from sources that provide assurance that the food is processed under regulated quality and sanitation controls;

NU.2.14.4 food is protected from contamination and spoilage;

NU.2.14.5 perishable foods are stored at proper temperatures;

NU.2.14.5.1 An appropriate thermometer is used in food storage areas.

NU.2.14.5.2 Temperature records are maintained.

NU.2.14.6 adequate hand-washing and hand-drying facilities are located in convenient places throughout the food service area;

NU.2.14.7 all work surfaces, utensils, and equipment are thoroughly cleansed and sanitized after each period of use;

NU.2.14.8 garbage is held, transferred, and disposed of so that it does not create a nuisance, permit the transmission of disease, or create a breeding place for insects or rodents;

NU.2.14.9 garbage containers are leak-proof, nonabsorbent, and have close-fitting covers, and

NU.2.14.10 all garbage containers have impervious plastic liners;

NU.2.15 requirements concerning the health and hygiene of service personnel; and

NU.2.16 the requirement that nutrition and food services are in compliance with all applicable federal, state, and local sanitation and safety laws and regulations.

NU.3

Nutrition and food services are directed by an individual(s) who by training and/or experience is knowledgeable in food service management.

NU.3.1 Nutritional services to individuals served are under the direction of the qualified dietitian or other appropriate persons who are supervised by the qualified dietitian.

NU.3.1.1 The qualified dietitian is available on either a full-time, part-time, or consultative basis.

NU.3.1.2 The dietitian is easily accessible to all who require consultation services.

NU.4

The organization has an adequate number of staff to meet the nutritional and food service needs of the individuals served.

NU.4.1 Nutrition service personnel conduct periodic food acceptance studies among the individuals served and encourage them to participate in menu planning.

NU. 4.1.1 The results of food acceptance studies are reflected in revised menus.

NU.4.2 Nutrition service personnel assist individuals served, when necessary, in making appropriate food choices from the planned daily menu.

NU.4.3 Nutrition service personnel are trained in the behavioral and therapeutic needs of individuals served.

NU.4.3.1 Nutrition serve personnel are made aware that emotional factors may cause individuals served to change their food habits.

NU.4.3.2 Nutrition service personnel inform appropriate members of the professional staff of any such change in an individual's food habits.

NU.5

Adequate space, equipment, and supplies, as well as any necessary written procedures and precautions, are provided for the safe and sanitary operation of nutrition service and the safe and sanitary handling and distribution of food.

NU.5.1 Sufficient space is provided for support personnel to perform their duties.

NU.5.2 The layout of the department and the type, size, and placement of equipment make possible the efficient preparation and distribution of food.

NU.5.3 All walk-in refrigerators and freezers, whether in use or not, can be opened from the inside.

NU.5.4 Hot and cold water pipes, water heaters, refrigerators, compressors, condensing units, and uncontrolled heat-producing equipment are insulated.

NU.5.5 Plasticware, china, glassware, or similar items that have lost their glaze or are chipped or cracked are discarded.

NU.5.6 Lighting, ventilation, and humidity are controlled to prevent moisture condensation and mold growth.

NU.5.7 Dishwashing and utensil-washing equipment and techniques that sanitize serviceware and prevent contamination are used.

NU.5.7.1 Disposal containers and utensils are discarded after one use.

NU.5.8 Contamination is avoided in making, storing, and dispensing ice.

NU.5.8.1 Ice stored for dispensing is dispensed with a scoop and does not have food items stored directly on it.

NU.6

Unauthorized personnel are kept out of the food service area.

NU.7

Food is served in an appetizing and attractive manner, at planned and realistic mealtimes, and in a congenial and relaxed atmosphere.

NU.7.1 Appropriate foods are available to meet the special or limited dietary needs of individuals served.

NU.7.2 Snacks are available as appropriate to the nutritional needs of the individuals served and the needs of the organization.

NU.7.3 Food services are oriented to the individual served and take into account the many factors that contribute to the wide variations in eating habits of individuals, including cultural, religious, and ethnic factors.

NU.7.4 The food service is prepared to give extra food to individuals served.

NU.7.5 Dining areas are attractive and are maintained at appropriate temperatures.